

# What Every Mother Wants to Know About Her Baby

By Anna Steese Richardson

Director of the Better Babies Bureau of the Woman's Home Companion

## NO. 7.-Cleanliness and Comfort

(These articles are based on questions asked by mothers who have turned to the Woman's Home Companion for assistance in the difficult and delicate task of rearing their babies. Each question presented and answered here was asked not by one but by many mothers. They represent the general questions and problems of the average mother. Mrs. Richardson is entirely willing to answer personally any further question that readers may wish to send to her.)

1.—How soon after birth should a baby be bathed?

Immediately after birth the baby's body should be rubbed thoroughly with olive oil or vaseline. Then he is wrapped in a soft piece of wool, old blanket or shawl while the nurse attends the mother. After the latter is made comfortable, the nurse makes a warm suds of pure castile or white soap, and washes off the oil with clean old linen or gauze. Then, using a fresh piece of cloth, she rinses off the suds with clear warm water, and pats the tender flesh dry with old linen or towels. The flesh of the very young baby must never be rubbed, always patted dry, and then powdered with talcum, especially where the flesh forms creases. This sponge bath on the nurse's lap is given daily until the baby is a week or ten days old, or when the cord comes off. After that the baby has a daily bath in a tub of its own.

2.—My baby screams when I lay him in the tub. Should I give him a bath under such circumstances?

Try to learn the cause of the screams. The water may be too hot or too cold. It should register 100 degrees Fahrenheit until the baby is at least eight weeks old. After that it may be reduced gradually to 85. Cold water shocks a baby. Perhaps you do not hold the baby properly in the tub and he may be afraid of slipping or falling under the water. Never let his little slip under the water, so that it can run into his eyes, mouth and nose. Support the back and head firmly under your left hand, and grasp the ankles with your right; then slip the little body gently under the water. Continue to support the head and back with your left hand and wash the baby with your right. Never let him lose the feeling of comfort and support given by your left hand, and he may be less fearful. If this does not cure the fear, consult your doctor. The baby may be highly nervous and need medical attention.

3.—Is a sponge better for a young baby's skin than cloth?

No. Sponges hold germs and can infect a child's skin, if it is scratched. Soft old linen, old towels or gauze are better. Throw them away after using, or wash, boil and rough dry them with great care. Never use on a baby a towel used by older persons.

4.—My baby's eyelids are a little inflamed at times, and sometimes seem to stick together with mucous. What shall I do?

Send for your physician. Inflammation is often the symptom of the dread disease responsible for two thirds of the blindness of children. If the inflammation is not a symptom, it is due to lack of care and cleanliness. Wash the baby's eyes night and morning with absorbent cotton, dipped into a lukewarm solution of boric acid, one even teaspoonful to a cup of water. Use a fresh piece of absorbent cotton every time you wash the baby's eyes. Never expose the eyes of a young baby to a strong light. Keep the nursery or bedroom dark. Turn crib and carriage so that the light does not fall on the baby's face. Even when showing the new baby to guests, do not allow the light to strike his eyes.

5.—How can I cure the scales which form on my baby's scalp?

Rub the head nightly with sweet oil, vaseline or pure cold cream. In the morning wash this off gently with old linen or gauze, pat the scalp dry and apply witch hazel. Never use a fine tooth comb or rough towel to remove the scales. If this treatment is not effective, consult your doctor.

6.—My baby suffers greatly with heat rash. How should I treat it?

Stop the use of soap. Tie a cupful of bran in a piece of cheesecloth and squeeze into the bathwater until the latter turns milky. Bathe the baby in this, pat dry and powder with talcum. Be sure that the little slips worn by the baby are not starched nor trimmed with lace or embroidery to chafe neck and wrists. Be especially careful about the diapers. Never use a diaper the second time without washing. Wash with good soap and rinse thoroughly, dry in sun, fold but do not iron.

7.—How do I wash my baby's mouth?

The mouth of the very young baby should not be washed. The mucous membrane is very tender. If broken, the mouth may become infected. If the mouth looks clean and sweet, and has no tiny white threads or flakes on its pink surface, it needs no attention. If these appear, the mouth must be swabbed out with absorbent cotton wrapped round a blunt wooden toothpick, dipped in boric water, one even teaspoon of borax to three ounces or six tablespoons of boiled water. Use this after each nursing or feeding. When the baby is three months old, wash the mouth daily, and as soon as teeth appear, cleanse them with a soft cloth at first, and then with a tiny soft brush.

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## IN EAST LAS VEGAS

The Evidence Is Supplied by Local Testimony

If the reader wants stronger proof than the following statement and experience of a resident of East Las Vegas, what can it be?

A. Underwood, 806 National Ave., East Las Vegas, says: "Doan's Kidney Pills, which I got at the Center Block Pharmacy, brought me relief from backache and kidney trouble. Since then, I have used them off and on, whenever I have needed a kidney medicine and they have done good work. If my kidneys aren't acting just right, or my back is aching, I can depend on Doan's Kidney Pills to drive away these ailments. I have recommended Doan's Kidney Pills to a great many people and all have been well satisfied with them."

Price 50c. at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Underwood had. Foster-McBarn Co., Props., Buffalo, N. Y.—Adv.

## NEW DEPUTY GAME WARDENS

Santa Fe, July 29.—Game Warden Trinidad C. de Baca today appointed the following deputies: Castulo Marquez of Duran, Torrance county, and S. E. Whitmore of Tucumcari, Quay county.

## If Kidneys and Bladder Bother

Then Foley Kidney Pills Overworked kidneys will break down if not helped. When they can no longer protect the blood and the body from the poisons that come to them, then look out for Bright's disease, serious kidney trouble and bladder annoyances. Foley Kidney Pills are your best protection, your best medicine for weak, sore, overworked kidney and bladder weaknesses.—Adv.

## LAYMAN MISSIONARY MOVEMENT

Lake Geneva, Wis., July 29.—The fourth summer conference of the laymen's missionary movement opened here today with every indication of eclipsing its predecessors in the size of the attendance and the prominence of the leading participants. The sessions will continue five days and will be participated in by distinguished lay and clerical leaders of numerous denominations. James M. Speers of New York is to preside as chairman of the conference, assisted by John T. Stone of Baltimore and James D. Husted of Denver. Bishop Theodore S. Henderson of Chattanooga is to preside over the Methodist meeting and men of like prominence in the other communions will preside over their respective denominational groups. J. Campbell White and a number of other evangelists and religious workers of international reputation will be among the speakers.

## Woman's Duty to Herself

Every woman owes it to herself to keep in good health. No one can reasonably be expected to maintain a cheerful disposition when half sick. Indigestion and constipation are two of the most common ills to which women are subject and fortunately are easily cured. Mrs. H. C. Getty, Indiana, Pa., writes, "Last summer I was advised by a friend to try Chamberlain's Tablets for indigestion and constipation. This medicine not only cured me of these disorders but toned up my whole system so that my health has been better than for years since taking them." For sale by all dealers.—Adv.

In the Western Canada league they have a Pitcher Beer the players can't down. Working for Saskatoon, Beer has won 12 games with nary a loss.

## NOT WORRIED BY CAPTIVITY

Porpoises in New York Aquarium Seem by Their Antics to Be Enjoying Themselves.

The five big porpoises at the aquarium dash about in their pool and sometimes jump out of the water, scattering spray in all directions when they come down, relates the New York Times. Sometimes they expel the air from their lungs when their heads are an inch or two below the surface, and then they seem to be spouting. Suspended over the center of the porpoise pools, about four feet above the water, was a circle of incandescent electric lamps. In their splashing about in the pool the porpoises often splashed water up on this light fixture, and every now and then a splash of water would work through a joint or an open space somewhere, short circuit the wires and put out a light. After a number of the lights had been put out in this manner this fixture was taken out and another substituted.

The new fixture is ten feet above the surface of the water, where the spray thrown by the porpoises in their antics can scarcely reach it. Under the old fixture there had been placed a netting to soften the light, which it had been thought might be too bright for the porpoises, unaccustomed to electric lights in their natural surroundings; under the new and higher fixture there has been placed a white translucent shade to make the light still softer.

## PEST OF THE WEST INDIES

Planters Wage War Against Species of Crabs That Are Destructive to the Vegetation.

A curiously destructive pest of Grand Cayman island of the British West Indies is found in certain species of crabs. They not only partake voraciously of everything edible; but their burrows do great damage, and they fill these burrows with every kind of stolen small articles. A bulletin of Kew Gardens notes that such utterly useless objects as knives and pocket compasses are hidden away.

Eggs from under a setting hen are devoured, if not the hen herself, and so many leaves of seedling coconut trees are eaten that 5 to 10 per cent of the plants may require replacing in newly cleared ground from which the crabs have been thoroughly thinned out. Patches of thin soil in the bush become covered with vegetation after the complete driving away of the crabs. They shut themselves underground in the early part of the year to change their shells, and for their barricades of sticks and rubbish they nip off or root up saplings three-quarters of an inch in diameter. Another reprehensible characteristic, less harmful to the planter, is cannibalism.

## Masterpiece in Mosaic.

At Irvy, a Paris suburb, has just died a remarkable old man, a septuagenarian named Fraissard. He died in poverty, but had he chosen he could have become one of the most famous European sculptors. As it was, he finished life as he began it—more or less penniless. When a boy he was apprenticed to a marble cutter, and he at once discovered his powers in this direction. For 50 years, says the London News, he had continued to execute the most beautiful works of art, mostly in mosaics. M. Fraissard's masterpieces took him nearly twenty-four years to perfect. It is a black marble table. In the middle is a chessboard, on either side of which are playing cards arranged in fans. On the table are dominoes and dice, cigars and cigarettes, and several coins in gold and silver. All these, of course, are inlaid. The materials in the table, beside the black marble, are agate, onyx, porphyry, malachite, lapis lazuli, the tones of which are black, red, orange, blue and white. Ninety different kinds of marble also were used.

## Fitting Homes to Salaries.

"Buy your house according to your salary."

Larger employers of labor in smaller communities where it can be done successfully are quite generally urging their workmen to buy and not rent homes. In one such plan no workman is permitted to buy a house under the company's plan which will cost over one-fifth of his monthly wages. The company builds a house for \$1,500. It sells this to an employee upon payment of \$15 for 100 consecutive months, or an \$1,800 house for 100 monthly payments of \$18. But the employer will not sell a \$1,500 house to a man whose wages are less than \$75 a month, or five times the required payment.

## What Is Your Aim?

It depends chiefly whether you are working for the world's praise or the world's good, how its commendation or its condemnation is given. But if you will work for the praise of that inner spirit, which, for lack of a better name, we call conscience, no pain shall be felt at what the world does or says. In truth, if you have a high and good purpose and honestly try to attain it, you must apparently fail, in some measure, because all strength is founded on unseen supports, and the highest tower is that whose base extends the farthest underground. But mere failure should be the last thing to daunt you. Remember how the oyster mends its wounded shell—with pearls!—The Optimist.

## SURE



She—But, dear, are you sure you could be true to one girl?  
He—Why, I could be true to a dozen.

## HE KNEW HIM WELL



Jobson—Springer is always loud in the praises of his wife.  
Dobson—Well, any woman who'd marry Springer deserves praise.

## TURNED ABOUT



Hicks—The automobile about put the horse out of business.  
Nicks—Yes, and soon the aeroplanes will put the automobile out of business.

## FORCE OF HABIT



Lady Customer—Can you give me a two-cent stamp?  
Drug Clerk—No'm; but I can give you something just as good. Here are two one-cent stamps.

## IN ZOO SOCIETY



The Monk—I don't like the porcupine for anything.  
The Zebra—Why not?  
The Monk—Because he bristles up at the least little thing.

## Oh G'long.

"What's become of that old feather duster man who used to come around?"  
"Oh, he was arrested."  
"Arrested? What for?"  
"Selling cocktails without a license."

## The OPTIC

## WANT COLUMN

## RATES FOR CLASSIFIED ADVERTISEMENTS

Five cents per line each insertion. Estimate six ordinary words to a line. No ad to occupy less space than two lines. All advertisements charged will be booked at space actually set without regard to number of words. Cash in advance preferred.



OPTIC'S NUMBER MAIN 5

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FOR RENT—Furnished house, 915 Sixth street. Dr. W. P. Mills, phone Main 295.

PIANO for rent. 417 Eighth street.

FOR RENT—Modern light housekeeping rooms, furnished complete; rent reasonable. 1103 Lincoln.

FURNISHED rooms for lighthouseing. 711 Sixth street.

## For Sale

FOR SALE—Good driving or saddle horse, also buggy and harness. Inquire 926 Fourth street.

FOR SALE—Smith-Premier typewriter stand and cover, practically new. Cash or payments. Geo. A. Fleming, 603 Lincoln avenue.

## Wanted

WANTED—Girl for general housework. 322 Grand avenue.

## Lost

LOST—Lady's gold neck chain and locket. Call at 725 Seventh street and receive reward.

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Dental work of any description at moderate prices  
Room 1, Center Block. Office Phone Main 381. Residence Phone Main 413

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East Las Vegas, New Mexico.

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Professional Health Culture for Ladies  
Hair and Scalp Treatment, Manicure, Facial Massage, Chiropractic, Baths and Massage With Strict Attention to Doctor's Prescription

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## DR. ADELAIDE B. LEWIS

Osteopathic Physician

Office Crockett Building  
Office Hours 9 to 12 a. m. 1 to 5 p. m.  
Residence Phone Main 384

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25 Years Practical Experience.  
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SHORT ORDERS AND REGULAR DINNERS  
THE BEST GOODS OBTAINABLE ALWAYS HANDLED

## SOCIETY DIRECTORY

CHAPMAN LODGE NO. 2, A. F. & FRATERNAL BROTHERHOOD NO. 102—Meets every Monday night in O. R. C. hall, on Douglas avenue at 8 o'clock. Visiting members are cordially welcome. J. C. Wertz, president; J. T. Buhler, Secretary; C. H. Bally, Treasurer.

LAS VEGAS COMMANDERY, NO. 2, KNIGHTS TEMPLAR—Regular convocation first Monday in each month at Masonic Temple at 7:30 p. m. Dr. H. M. Smith, E. C.; Chas. Tamme, Recorder. LAS VEGAS CHAPTER NO. 3, ROY.

AL ARCH MASONS—Regular convocation first Monday in each month at Masonic Temple at 7:30 p. m. P. A. Brinegar, H. P.; F. O. Blood, Secretary.

I. O. O. F. LAS VEGAS LODGE NO. 4—Meets every Monday evening at their hall on Sixth street. All visiting brethren cordially invited to attend. J. Friedenstine, N. G.; A. T. Rogers, V. G.; T. M. Elwood, Secretary; Karl Wertz, Treasurer; C. V. Hedgcock, Cemetery Trustee.

B. P. O. ELKS—Meets second and fourth Tuesday evening of each month Elks' home on Ninth street and Douglas avenue. Visiting brothers are cordially invited. Wm. H. Springer, Exalted Ruler; D. W. Condon, Secretary.

KNIGHTS AND LADIES OF SECURITY, COUNCIL NO. 2390—Meets in W. O. W. hall, Sixth street, on the first and third Mondays of each month at 8 p. m. Visiting Knights and Ladies always welcome. O. L. Freeman, President; Miss Cora Montague, Financier; Mrs. A. V. Morrow, Local Deputy, 903 Jackson avenue; Z. W. Montague Assistant Deputy, 1011 Sixth street, East Las Vegas, N. M.

L. O. O. MOOSE—Meets second and fourth Thursday evening each month at W. O. W. hall. Visiting brothers cordially invited. Howard W. Davis, Dictator; P. A. Linn, Secretary.

I. E. ROSENWALD LODGE NO. 541, I. O. of B. B.—Meets every first Tuesday of the month in the vestry rooms of Temple Montefiore at 8 o'clock p. m. Visiting brothers are cordially invited. Isaac Appel, President; Charles Greenclay, Secretary.

MODERN WOODMEN OF AMERICA—Meet in the Forest of Brotherly Love at O. R. C. hall, on the second and fourth Tuesdays of each month at 8 p. m. C. H. Stewart, Consul; G. Laemmle, Clerk; Z. W. Montague, Local Deputy. Visiting members are especially welcome and cordially invited.

KNIGHTS OF COLUMBUS, COUNCIL NO. 804—Meets second and fourth Thursday in O. R. C. hall, Pioneer building. Visiting members are cordially invited. Richard Devine, G. K.; Frank Angel, F. S.

## LOCAL TIME CARD

East Bound		Arrive	Depart
No. 4.....	7:20 p. m.....	7:45 p. m.	
No. 4.....	11:54 p. m.....	11:59 p. m.	
No. 8.....	2:25 a. m.....	2:30 a. m.	
No. 10.....	1:35 p. m.....	2:00 p. m.	
West Bound		Arrive	Depart
No. 1.....	1:10 p. m.....	1:35 p. m.	
No. 8.....	6:35 a. m.....	6:40 a. m.	
No. 7.....	4:20 p. m.....	4:30 p. m.	
No. 8.....	6:35 p. m.....	7:00 p. m.	

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200 lbs. to 1,000 lbs., Each Delivery .....	25c per 100 lbs.
50 lbs. to 200 lbs., Each Delivery .....	40c per 100 lbs.
Less than 50 lbs., Each Delivery .....	50c per 100 lbs.

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As the classified ads. are read by an enormous number of people, the best of things, they have come to be known as the best market.